

Amendments to the Claims

1-10. (Cancelled)

11. (New) Plantar insole for use in footwear between an insole of the footwear and the plantar surface of a foot, the plantar insole being delimited by a main upper surface adapted to be in contact with the plantar surface of the foot, a main lower surface adapted to be in contact with the footwear insole and a peripheral contour conformed to extend beyond the plantar surface of the foot and to fit inside the interior contour of the footwear, the plantar insole having at least two different stiffnesses or hardnesses as a function of the main surface regions concerned, wherein:

the insole has, on its main surface, bearing regions disposed to lie under each of the major bearing areas of the foot,

the bearing regions have a relative stiffness or hardness lower than that of the other regions of the main surface, and

the bearing regions are delimited by a contour flanking said major bearing regions of the foot.

12. (New) Plantar insole according to Claim 11, wherein the bearing regions on the main surface of lower relative stiffness or hardness comprise an anterior bearing region adapted to lie under the toes of the foot, an intermediate bearing region adapted to lie under the metatarsal heads of the foot, a posterior bearing region intended to lie under the heel of the foot, and an external bearing region intended to lie under the antero-external portion of the calcaneum, under the cuboid and under the fifth metatarsal of the foot.

13. (New) Plantar insole according to Claim 11, wherein the main surface regions of higher relative stiffness or hardness comprise a peripheral border entirely surrounding the bearing regions of lower relative stiffness or hardness.

14. (New) Plantar insole according to Claim 11, wherein the main surface bearing regions of lower relative stiffness or hardness all have the same lower relative stiffness or hardness.

15. (New) Plantar insole according to Claim 14, wherein said lower relative stiffness or hardness is from 20 to 35 Shore A.

16. (New) Plantar insole according to Claim 11, wherein the main surface regions of higher relative stiffness or hardness all have the same higher relative stiffness or hardness.

17. (New) Plantar insole according to Claim 16, wherein said higher relative stiffness or hardness is from 38 to 50 Shore A.

18. (New) Plantar insole according to Claim 11, wherein, for a plantar insole of size 42:

the anterior bearing region is circumscribed in a polygon defined by the following vectors: ab (2.6 cm, 240°), bc (2.6 cm, 180°), cd (0.9 cm, 120°), de (1.9 cm, 50°), ef (6.3 cm, 120°), fg (2.5 cm, 0°), gh (5 cm, 310°), hi (1.6 cm, 270°), ia (0.8 cm, 0°);

the combination formed by the intermediate bearing region, the posterior bearing region and the external bearing region is circumscribed

in a polygon defined by the following vectors: jk (2.2 cm, 270°), kl (4.6 cm, 180°), lm (2.2 cm, 90°), mn (1.1 cm, 0°), no (3.7 cm, 105°), op (4.8 cm, 195°), pq (7.7 cm, 215°), qr (3.7 cm, 160°), rs (3.2 cm, 90°), st (1.8 cm, 35°), tu (14.8 cm, 10°), uv (4.3 cm, 305°), vj (1.7 cm, 270°).

19. (New) Plantar insole according to Claim 11, wherein the thickness of the plantar insole varies along its length with a greater thickness in the central region and a lesser thickness in the end regions, considering the length of the plantar insole.

20. (New) Plantar insole according to Claim 11, wherein it is constituted by assembling by sticking a first elastomer material constituting the regions of higher relative stiffness or hardness and a second elastomer material constituting the bearing regions of lower relative stiffness or hardness, with sticking on an antibacterial upper film and a comfort fabric.